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P4. line 17 change Xenical to- XENICAL (orlistat)-

P 10. line 23 change Ultra Slim-Fast to -ULTRA SLIM-FAST (Slim-Fast Foods Company, West Palm Beach Florida)-

p. 11 line 2 change Slim-Fast Plan to - SLIM-FAST PLAN-

p. 11 line 3 change Meal-On-The-Go-Bars to - MEAL-ON-THE-GO-BARS®-

p. 11 lines 4,10, 14, & 16 change Slim-Fast to - SLIM-FAST-

p. 11 lines 5,6, & 12 change Ultra Slim-Fast to -ULTRA SLIM-FAST-

p. 11 line 6 change Ready-to-Drink Shakes to -READY-TO-DRINK SHAKES-

p. 11 line 21 change Herbalife to - HERBALIFE-

p. 11 line 31 change www.Herbalife.com to - HERBALIFE-

p 12. line 12 change Medifast to - MEDIFAST-

p. 12 line 13 change METAMUCIL to - METAMUCIL (psyllium)-

p. 12 line 14 change CITRUCEL to - CITRUCEL (methylcellulose)-

p. 12 line 16 change FiberCon to - FIBERCON (calcium Polycarbophil)-

p. 12 line 16-17 change (Lederle Consumer Health, Madison, NJ) to - (Wyeth, Madison, NJ)-

Claims: Cancel all claims of record and substitute new claims 24 to 64 as follows:

24. An orally administered nutritional supplement for ingestion by mammals containing at least 7 grams of fiber per serving comprising a mixture guar, oat, and psyllium fibers plus at least one flavoring agent.

25. The nutritional supplement according to claim 24, wherein said mixture comprises 1-15 grams of guar, 1-15 grams of oat, and 0.5-10 grams of psyllium.

26. The nutritional supplement according to claim 24 further including at least one ingredient admixed to said supplement to create an edible food product selected from the group consisting of liquids, semisolids, and solids.

27. The nutritional supplement according to claim 24 further including at least one edible fibers selected from the group consisting of soluble, partially soluble, and insoluble fibers.

28. The nutritional supplement according to claim 24, in which at least one edible liquid selected from the group of liquids consisting of zero calorie and calorie containing liquids is admixed in sufficient quantity to create at least an 8 ounce beverage selected from the group consisting of zero calorie and calorie containing beverages.

29. The nutritional supplement according to claim 24, further including at least one ingredient admixed to

form an edible food product selected from the group of solid and semisolid food products consisting of puddings, snack bars, wafers, and dog bones.

30. The nutritional supplement according to claim 24, wherein said flavoring agent is selected from the group consisting of sweeteners and substances that provide flavor.
31. The nutritional supplement according to claim 24, further including at least one ingredient that enhances visual and organoleptic appeal selected from the group consisting of coloring agents, preservatives, thickening agents, thinning agents, and emulsifiers.
32. The nutritional supplement according to claim 24, further including at least one antioxidant.
33. The nutritional supplement according to claim 24, further including at least one tea selected from the group consisting of tea leaves, tea flavonoids, tea catechins, and tea polyphenols.
34. The nutritional supplement according to claim 24, further including at least one ingredient selected from the group consisting of vitamins, minerals, coenzymes, electrolytes, plant derived compounds and synthetic orally absorbable nontoxic compounds.

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35. The nutritional supplement according to claim 24, further including at least one caloric ingredient selected from the group consisting of carbohydrates, fats, and proteins.

36. The nutritional supplement according to claim 24 further including locust bean gum, pectin, green tea, multianthocyanidins, folic acid, pyridoxine, at least one sweetener, and at least one flavoring agent.

37. A method of improving the health of a mammal comprising orally administering a nutritional supplement containing at least 7 grams of fiber per serving comprising a mixture guar, oat, and psyllium fibers plus at least one flavoring agent to a mammal at least one time daily whereby consumption results in at least one health benefit including increasing fiber intake, promoting weight loss, enhancing nutrition, reducing the risk of developing and aiding in the treatment of diet-related diseases including insulin resistance, glucose intolerance, diabetes, hypertension, osteoporosis, sleep apnea, constipation, diverticulosis, hemorrhoids, irritable bowel syndrome, and diet-related cancers, aiding in the prevention and treatment of metabolic syndrome, reducing the risk of developing and aiding in the treatment of cardiovascular diseases, improving serum cholesterol, lipoproteins, lipids, triglycerides, and homocysteine, reducing cardiovascular inflammation and serum high sensitivity C-reactive protein levels, and assisting in limiting absorption of ingested toxins, carcinogens, and heavy metals, and speeding their transit out of the body.

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38. The method according to claim 37, in which at least one edible liquid selected from the group of liquids consisting of zero calorie and calorie containing liquids is admixed to said nutritional supplement of claim 37 in sufficient quantity to create at least an 8 ounce beverage selected from the group consisting of zero calorie and calorie containing beverages.

39. The method according to claim 37, further comprising:

- (a) admixing at least one ingredient to form an edible food product selected from the group of solid and semisolid food products consisting of puddings, snack bars, wafers, and dog bones which is consumed at least one time daily, and
- (b) said edible food product to be accompanied by consumption of sufficient quantity of at least one edible liquid selected from the group of liquids consisting of zero calorie and calorie containing liquids to further hydrate the consumed fiber.

40. The method according to claim 37, further including admixing at least one edible fiber selected from the group consisting of soluble, partially soluble, and insoluble fibers.

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41. The method according to claim 37, further including admixing at least one ingredient selected from the group consisting of carbohydrates, fats, proteins, antioxidants, electrolytes, vitamins, minerals, enzymes, coenzymes, plant derived compounds, synthetic orally absorbable nontoxic compounds, organoleptic agents, coloring agents, preservatives, flavoring agents, sweeteners, stimulants, and orally consumed substances that induce weight loss.

42. A method of orally administering a nutritional supplement containing at least seven grams of fiber per serving to a mammal comprising:

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- (a) a mixture of guar, oat, and psyllium ,and
 - (b) at least one flavoring agent, and
 - (c) admixing at least one edible liquid selected from the group consisting of zero calorie and calorie containing liquids in sufficient quantity to create at least an 8 ounce beverage selected from the group consisting of zero calorie and calorie containing beverages, and
 - (d) orally administering at least one serving of said beverage daily.

43. The method according to claim 42, further including admixing at least one edible fiber selected from the group consisting of soluble, partially soluble, and insoluble fibers.

44. The method according to claim 42, further including admixing at least one ingredient selected from the

group consisting of carbohydrates, fats, proteins, antioxidants, electrolytes, vitamins, minerals, enzymes, coenzymes, plant derived compounds, synthetic orally absorbable nontoxic compounds, organoleptic agents, coloring agents, preservatives, flavoring agents, sweeteners, stimulants, and orally consumed substances that induce weight loss.

45. A method of orally administering a nutritional supplement containing at least seven grams of fiber per serving to a mammal comprising:

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- (a) a mixture of guar, oat, and psyllium ,and
 - (b) at least one flavoring agent, and
 - (c) admixing at least one ingredient to said supplement to form an edible food product selected from the group of solid and semisolid food products consisting of puddings, snack bars, wafers, and dog bones
 - (d) said edible food product to be accompanied by consumption of sufficient quantity of at least one edible liquid selected from the group of liquids consisting of zero calorie and calorie containing liquids to further hydrate the consumed fiber.

46. The method according to claim 45 further including admixing at least one edible fibers selected from the group consisting of soluble, partially soluble, and insoluble fibers

47. The method according to claim 45, further including admixing at least one ingredient selected from the

group consisting of carbohydrates, fats, proteins, antioxidants, electrolytes, vitamins, minerals, enzymes, coenzymes, plant derived compounds, synthetic orally absorbable nontoxic compounds, organoleptic agents, coloring agents, preservatives, flavoring agents, sweeteners, stimulants, and orally consumed substances that induce weight loss.

48. A method of inducing weight loss in a mammal by orally administering a nutritional supplement containing at least seven grams of fiber per serving to a mammal comprising:

- (a) a mixture of guar, oat, and psyllium ,and
- (b) at least one flavoring agent, and
- (c) administering said nutritional supplement at least one time daily.

49. The method according to claim 48, further including admixing of at least one edible liquid selected from the group of liquids consisting of zero calorie and calorie containing liquids in sufficient quantity to create at least an 8 ounce beverage selected from the group consisting of zero calorie and calorie containing beverages.

50. The method according to claim 48, further comprising:
(a) admixing at least one ingredient to form an edible food product selected from the group of solid and semisolid food products consisting of puddings, snack bars, wafers, and dog bones which is consumed at least one time daily, and

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(b) said edible food product to be accompanied by consumption of sufficient quantity of at least one edible liquid selected from the group of liquids consisting of zero calorie and calorie containing liquids to further hydrate the consumed fiber.

51. The method according claim 48, further including admixing at least one edible fibers selected from the group consisting of soluble, partially soluble, and insoluble fibers.

52. The method according to claim 48, further including admixing at least one ingredient selected from the group consisting of carbohydrates, fats, proteins, antioxidants, electrolytes, vitamins, minerals, enzymes, coenzymes, plant derived compounds, synthetic orally absorbable nontoxic compounds, organoleptic agents, coloring agents, preservatives, flavoring agents, sweeteners, stimulants, and orally consumed substances that induce weight loss.

53. A method of reducing the risk of developing and aiding in the treatment of cardiovascular disease in a mammal by improving at least one of the following cardiovascular risk factors, including serum cholesterol, lipoproteins, lipids, triglycerides, high sensitivity C-reactive protein, and homocysteine comprising orally administering a nutritional supplement containing at least seven grams of fiber per serving to a mammal comprising:

- (a) a mixture of guar, oat, and psyllium ,and
- (b) at least one flavoring agent, and
- (c) administering said supplement at least one time daily.

54. The method according to claim 53 further including admixing at least one edible fibers selected from the group consisting of soluble, partially soluble, and insoluble fibers.

55. The method according to claim 53, further including admixing at least one ingredient selected from the group consisting of carbohydrates, fats, proteins, antioxidants, electrolytes, vitamins, minerals, enzymes, coenzymes, plant derived compounds, synthetic orally absorbable nontoxic compounds, organoleptic agents, coloring agents, preservatives, flavoring agents, sweeteners, stimulants, and orally consumed substances that improve cholesterol, lipoproteins, triglycerides, high sensitivity C-reactive protein, and homocysteine.

56. The method according to claim 53, further including the admixing of at least one edible liquid selected from the group of liquids consisting of zero calorie and calorie containing liquids in sufficient quantity to create at least an 8 ounce beverage selected from the group consisting of zero calorie and calorie containing beverages.

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57. The method according to claim 53, further comprising:

(a) admixing at least one additional ingredient to form an edible food product selected from the group of solid and semisolid food products consisting of puddings, snack bars, wafers, and dog bones which is consumed at least one time daily, and

(b) said edible food product to be accompanied by consumption of sufficient quantity of at least one edible liquid selected from the group of liquids consisting of zero calorie and calorie containing liquids to further hydrate the consumed fiber.

58. A method of assisting in limiting ingested toxins, carcinogens, and heavy metals in a mammal through reducing absorption and assimilation of toxins and speeding transit out of the body comprising orally administering a nutritional supplement at least one time daily that contains at least 7 grams of fiber per serving and comprises a mixture of guar, oat, psyllium, and at least one flavoring agent.

59. The method according to claim 58, further including admixing at least one edible fibers selected from the group consisting of soluble, partially soluble, and insoluble fibers.

60. The method according to claim 58, further including admixing at least one ingredient selected from the group consisting of carbohydrates, fats, proteins, antioxidants, electrolytes, vitamins, minerals,

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enzymes, coenzymes, plant derived compounds, synthetic orally absorbable nontoxic compounds, organoleptic agents, coloring agents, preservatives, flavoring agents, sweeteners, stimulants, and orally consumed detoxifying substances.

61. The method according to claim 58, further including admixing at least one edible liquid selected from the group of liquids consisting of zero calorie and calorie containing liquids in sufficient quantity to create at least an 8 ounce beverage selected from the group consisting of zero calorie and calorie containing beverages.

62. The method according to claim 58, further comprising:

(a) admixing at least one ingredient to form an edible food product selected from the group of solid and semisolid food products consisting of puddings, snack bars, wafers, and dog bones which is consumed at least one time daily, and

(b) said edible food product to be accompanied by consumption of sufficient quantity of at least one edible liquid selected from the group of liquids consisting of zero calorie and calorie containing liquids to further hydrate the consumed fiber.

63. A method of reducing the risk of cardiovascular disease in mammals through reducing cardiac inflammation comprising

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orally ingesting an effective amount of fiber to lower high sensitivity C-reactive protein levels.

64. A nutritional supplement for oral administration to a mammal comprising:

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- (a) a nutritional composition comprising a mixture of guar, oat, and psyllium, and
 - (b) at least one flavoring agent, and
 - (c) at least 7 grams of fiber per serving, and
 - (d) at least one edible liquid to create at least an 8 ounce beverage, and
 - (e) an orally administered liquid means of delivering a minimum of 7 grams of fiber per serving that can be consumed in beverage form that does not immediately gel.
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